

(TMI Journeys – June 2019)

HOW TMI BROKE THE MOLD AND I RETURNED TRANSFORMED



by Candice Sanderson, author, TMI program grad, Local Chapter Network member

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My footsteps echo as I walk down the recessed hallways, past doors of different shapes, colors, and materials. Which one calls to me today? I stop and turn. Yes, that feels right. Twisting the antique brass knob, I enter.

This is my first time here, but it feels familiar and inviting. I walk to the dark leather couch and relax in its deep, comfortable cushions. I close my eyes and the magic begins.

I take a few deep breaths and awaken to a new world. I rise and slowly meander through the room, touching oil lamps, tables, chairs. As the warmth and light from the fireplace casts its welcoming shadows across the room, the morning sun peaks through an opening where the panels of the thick curtains meet. I watch the shining rays of gold dance on the air, spotlighting an ancient book lying on a table.

Oh, so, this is why I'm here. This is what I need to see. I walk toward this leathered tome, running my fingers along its spine and cover. I look at the feather-quilled pen perched beside an ink well, and I know it's time to write.

Bob's mantra, "I am more than my physical body," guides my daily life, and it serves as the foundation of the consciousness awareness toolbox I received in *GATEWAY VOYAGE*. I gathered more instruments from *GUIDELINES* to *STARLINES*, from *HEARTLINE* to *TIMELINE*, and many more.

With each TMI program, I notice incremental changes. I come home a different person with an added skill set. The world seems better: the sun is warmer, the sky bluer, and life happier.

The TMI experience changes your perspective. By embracing the not-your-physical-body concept, we learn to step outside our limited selves. As a psychologist, I had defined my life by what my physical senses measured, but that changed with my first trip to the Institute.

Learning to operate outside our bodies changes our beliefs. Once unencumbered from our comfort zones, what defines us melts away. When we realize our physical bodies are not who we are, something shifts, and time no longer exists as it did before.

As we travel farther down this path, we realize we are no longer in a world of predictable outcomes, but instead we float in a realm of possibilities. We are free to choose experiences from our past, or sometimes events that have yet to occur.

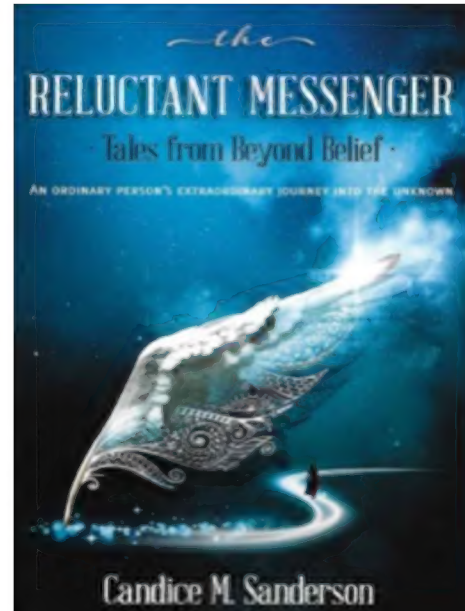
How do we get there? By using our TMI toolbox. As we explore different states of expanded awareness through the Institute's programming, we choose which energy to bring back with us.

Our first visit to these nonphysical places establishes a roadmap that allows return trips at will. Each TMI program empowers us to become active explorers of consciousness and put these newly found energies to good use.

In July 2013, I attended *LIFELINE*, a residential program that teaches how to help others who need assistance while transitioning to the afterlife. The nine or ten other programs I had taken before Lifeline had slowly chiseled at my foundational beliefs, but *LIFELINE* broke the mold. I returned transformed.

Receiving detailed, verifiable information from multiple retrievals became a tipping point for me, and when I left *LIFELINE*, I was a different person. My ever-changing belief system had shattered, and the foundations of what I thought to be true had crumbled. I no longer *thought* or *believed* that it was possible to communicate with nonphysical sources; I *knew* it.

Within a few weeks after attending *LIFELINE*, I began to spontaneously channel messages from nonphysical sources that I describe in my first book, *The Reluctant Messenger—Tales from Beyond Belief*.



I *am* more than my physical body, and The Monroe Institute has opened my eyes to view the world beyond my limited physical senses. I have gathered many energy tools in my voyage through the Institute's programs.

Timeline taught me to step into the past to heal the future. *EXPLORATION 27* allowed me to not only glimpse into the afterlife, but to explore it. Heartline and Voyage to Happiness showed me the wisdom of living from my heart. Each program has enriched my life beyond measure and has given me the tools I need to get the most out of life.

I used these tools during the opening of this article. The connection with nonphysical energies is subtle, and I often require assistance to interpret messages. When I feel a gentle nudge from guidance, for example, I open my toolbox and step into a scenario similar to the one I shared.

The Institute teaches us how to do this. We learn to access other-dimensional spaces using focus levels, imagination, visualization, and, of course, their sound-based technology. Because energy follows thought, and action follows energy, we can purposefully lay the foundation for an environment where the energy of guidance thrives—the nonphysical.

Once I enter the ethereal door of the formless, guidance takes over. All I do is set the intention and let the universe work its magic. That same mysterious connection that allowed detailed information to flow into my awareness during Lifeline has taught me to ride the waves of intention to get answers. And, it can do the same for you.

Gather tools from your TMI journeys, and as you delve into different dimensions of your consciousness, you'll find even more will land in your toolbox. These are gifts from the nonphysical, and they can help you survive day-to-day challenges of living in this world. The tools are gifts from The Monroe Institute, but how you use them is up to you.